新米姉妹のふたりごはん
Let's have a meal together!
ちゅん
THE DISH THIS TIME IS FRESHLY HUNTED...!?
Alright.
Now,
it's about time for me to check up on her

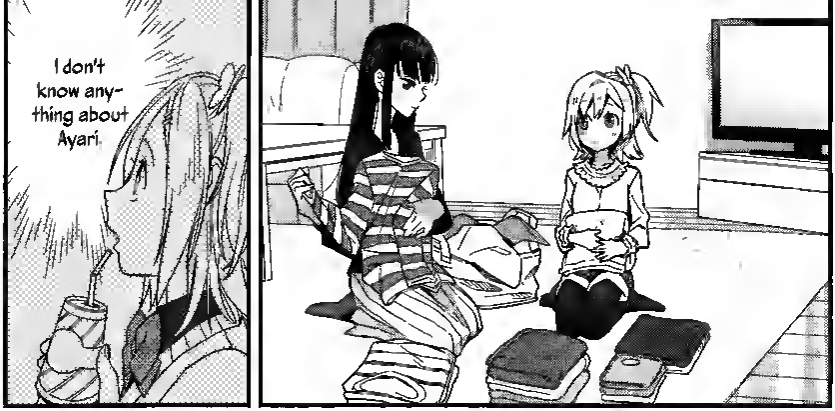
CHECK!

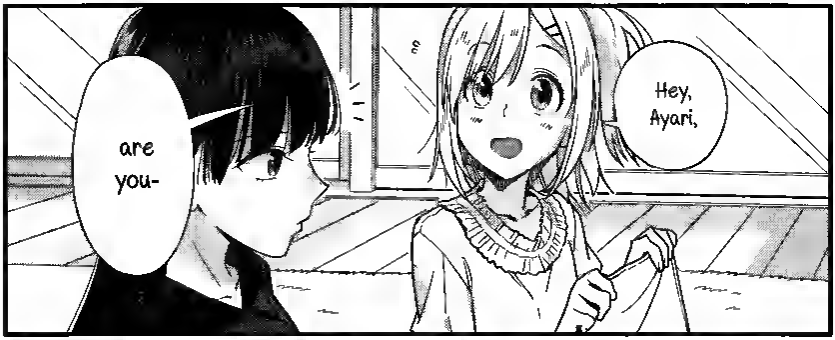
CHECK OUT SHINMAI SHIMAI NO FUTARI GOHAN'S OFFICIAL HOMEPAGE!
YOU CAN BROWSE VIDEOS AND RECIPES FOR THE FEATURED DISHES ON OUR NEW SITE!
FOR MORE DETAILS, JUST GO TO DAIOH.DENGEKI.COM/SPECIAL/FUTARIGOHAN

CHECK!

OUR OFFICIAL TWITTER ACCOUNT IS ACTIVE!
TWEETS OF SHINMAI SHIMAI NO FUTARI GOHAN'S HOTTEST NEW
INFORMATION AND PHOTOS OF THE FEATURED DISHES ACTUALLY BEING MADE!
FANS SHOULD DEFINITELY FOLLOW!
TWITTER ACCOUNT: @HUTARIGOHAN

A series so hot the second volume's already getting reprinted!


I don't know anything about Ayari.


Hey, Ayari,
are you-

カチャ
Yes?
リビング
Is it another souvenir from Dad again?
DING DONG!
ピンポーン

!?
Who!?
You Sachi?

Wh-
Why do you know my name!!?

That father of yours really did a number on me
ちっ
Maybe you can settle the debt as his daughter?
D-Dad!!
What did you do!?
Noooooo!!!
Don't mind me, Ayari!! Run away!!
Nee-san, what's going on

Hey, Ayari.
Minori-san!
Huh?
Ah.
Sorry for scaring you!
I was just coming in to check up on my niece after finishing a job.
Sh-She's your aunt?
Yes.

Nee-sa... Ayari's mother was away from home a lot.
So I thought I could have her over for the summer, at least.
Sometimes she would take care of me during summer vacation
Not that I tend to stay in my house, either
Ayari did the housework for me. She was a real lifesaver!
I brought something over today..
Here,
a gift!

Meat!
What kind is it!?
Beef? Pork?
Venison
It's venison
Venison!?
Then, is that case-
Tremble Tremble
Minori-san is a hunter

S-So cool!!
My partner.
People from the government or farms call me in to exterminate vermin.
Yep, it's a hunting rifle.

What do you think? It's been a while since I've asked you to cook game.
!!?
I want you to cook this

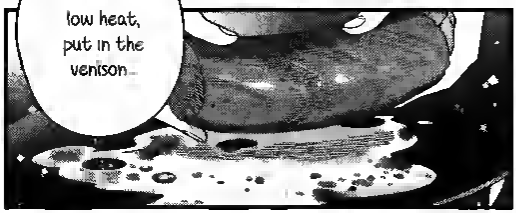
Please wait a moment.
?
.....
...Okay.

So pretty!
Venison is a darker red compared to beef
Of course!
I drained the blood and cooled it in a stream right away, so it shouldn't stink much
Cooled?
Oh!
With this I can just simply roast it, but-
That reduces the gamey smell
Cooling the meat immediately will stop bacteria in the blood from reproducing

I'll leave all the cooking up to you!

Okay.
I understand

Melt a generous amount of butter on the frying pan,


and on low heat, put in the venison

Let the venison return to room temperature...
cover it with salt and garlic slices
110
5
110
5

ほわぁ〜
With roast beef, the heat was on higher and it sizzled a lot, right?
おいしそー
The muscle in venison is sensitive to heat and it's easy to overcook.
It'll end up more tender if I let the heat slowly sink in.

I'm doing a technique called arroser. Pouring the oil on top of the meat like this prevents it from drying out
You're like a chef, Ayari!
That's amazing!
Can Sachi try it too?
Of course!

After it's browned on all sides,
roast it in an oven preheated to 200° for 10 minutes.
To protect against viruses and bacteria,
we have to make sure the internal temperature stays above 75° C for at least one minute
Let's make herb-flavored french fries to accompany it
We're using the herbs from the veranda
I'll get them for you!
Thanks

Wow!
They look good!
ぱぁ
ぱぁ
ぱぁ
Ooh
They're done cooking!
The venison I let rest looks about done, too

Wow! What a pretty pink!
It cooked evenly
Looks good!
Now, deer,
I'm digging in!

Delicious!
MUNCH
MUNCH
I feel like I'm eating that delicous lean part of beef!
It's similar to tenderloin, isn't it?
The flavor is so intense and the meat is quite tender
So deer is this delicious
I expected it to stink more
Minori-san is really good at draining the blood
It's very important in preparing game meat
If you don't do it well, the meat will smell
I see!
Thanks, Ayari's aunt-
TURN

Fast!
Thanks for the meal.
SATISFIED
That was good!
I'd never be able to whip up something this good!
Ayari's cooking really is something!

...!!
I really missed your cooking, Ayari!
Hm? What's wrong?
Th-That
was the first time you told me my food was good.

Let's eat!
Thanks for the food!
すた
すた
I gotta go now!
What!? It was always good!
Wait...
I never said it!
I always wondered if it wasn't to your taste.
but I couldn't ask

カ!!!
I made you worry over that!?
I'm so sorry!
ばっ

Thanks for the food
Um Minori-san
もじ…
Thanks for bringing over that tasty meat!
And I'm glad
I learned something about Aya-
I'll bring over some boar or bear next time
ぎゅっ
riiii!?

Please be careful on your way home
CLICK
She's
Like Mother?
a little like Nee-san, isn't she?

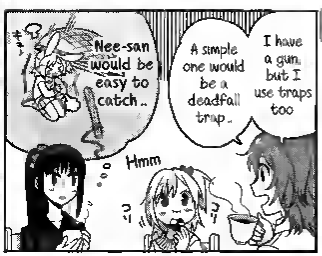
Joy and sentiment; Words convey that which thoughts could not.

To be continued next issue!

Issue #11 will be out October 27th!

今日のふたりレシピ vol. 13

today's futari recipe



-VENISON RÔTI-

VENISON RÔTI

1 LET THE VENISON WARM TO ROOM TEMPERATURE RUB WITH SALT USING LOW HEAT MELT THE RUTTER AND ADD VENISON KEEP POURING THE MELTED RUTTER ON TOP WHILE LETTING THE VENISON BROWN

2 ONCE THE VENISON IS BROWNED ON ALL SIDES ROAST IN 200°C OVEN FOR ABOUT 8 MINUTES THEN LET IT REST FOR 10 MINUTES

3 ROAST FOR ANOTHER 10 MINUTES AT 150°C IN AN OVEN PREHEATED TO 200°C

SAUCE

INGREDIENTS

- 50 ML BALSAMIC VINEGAR
- 30 ML WATER (OR YOU CAN USE THE JUICES FROM YOUR ROAST)
- 1/4 TEASPOON MINCED GARLIC
- 20 G BUTTER
- 1 TEASPOON SOY SAUCE
- PEPPER

DIRECTIONS

WIPE OFF THE GREASE FROM THE FRYING PAN ADD THE BALSAMIC VINEGAR WATER GARLIC BUTTER SOY SAUCE AND PEPPER REDUCE

THE AMAZING HUNTER AUNT APPEARS!
SEEMS LIKE AYARI'S HAD EXPERIENCE COOKING WITH MANY INGREDIENT'S IN HER CHILDHOOD

THIS CHAPTER'S ABOUT VENISON PART OF GIBIER CUISINE GIBIER WAS ORIGINALLY THE TERM USED IN FRANCE FOR THE GAME MEAT BROUGHT BACK BY HUNTERS NOW SOME OF YOU MIGHT BE ASKING "IS HUNTING THAT COMMON IN JAPAN?" IN RECENT YEARS RAMPANT WILDLIFE THREATENING CROP FIELDS OR OVERGRAZING FOREST'S HAS BECOME A BIG ENVIRONMENTAL ISSUE DEER AND BOAR POPULATIONS ARE BEING CONTROLLED THROUGH HUNTING AND CONSUMPTION OF GAME MEAT IS ON THE RISE YOU CAN EASILY ORDER VENISON AND BOAR THROUGH THE INTERNET

THE MOST IMPORTANT FACTOR IN COOKING GAME IS HOW SKILLED THE HUNTER IS AUNT MINORI MENTIONED HOW SHE DRAINED THE BLOOD AND PUT THE MEAT IN A STREAM RIGHT AWAY AND WHETHER THIS PROCESS IS DONE RIGHT OR NOT HAS A BIG EFFECT ON THE MEAT'S TASTE THE GAMINESS OF THE MEAT IS STRONGER IF THERE IS MORE BLOOD LEFT IN IT IF THE BLOOD IS DRAINED CLEANLY THERE WON'T BE ANY GAMINESS AND THE MEAT WILL BE DELICIOUS LIKEWISE THE PURPOSE OF SOAKING IT IN WATER IS TO LOWER THE TEMPERATURE OF THE MEAT THAT'S BEEN RUNNING AROUND COOLING PREVENTS THE BACTERIA FROM GROWING AND SPOILING THE MEAT

THE HUNTING METHOD ALSO AFFECTS THE TASTE IF THE GAME IS CAUGHT USING A TRAP IT WILL STRUGGLE TO ESCAPE AND THRASH AROUND THEIR CAPILLARIES WILL BREAK AND THE MEAT WILL BE SOAKED WITH BLOOD THAT IS WHY USING A GUN TO FINISH IT WITH ONE SHOT WILL RESULT IN THE BEST MEAT NOT TOO MANY HUNTERS ARE SKILLED ENOUGH TO DO THIS HOWEVER MOST GAME MEAT AVAILABLE IS CAUGHT USING TRAPS

PRACTICAL!!

★ COOKING MANGA RESEARCHER SUGIMURA KEI'S ★

Futari Gohan

"SO IT WILL STINK THEN!" DON'T WORRY MANY TECHNIQUES HAVE BEEN DEVELOPED TO REMOVE THE SMELL OR TURN IT INTO SOMETHING APPEALING TO THE TONGUE YOU SHOULD START BY BUYING YOUR MEAT FROM A REPUTABLE PROCESSOR THE MEAT'S TASTE WILL DIFFER DEPENDING ON THEIR TECHNIQUE

VENISON IS A HEALTHY MEAT LOW IN FAT AND HIGH IN PROTEIN AND IRON IT'S GREAT FOR DIET'S AND I WOULD ESPECIALLY RECOMMEND IT TO WOMEN PRONE TO ANEMIA TRY HOT POT OR A ROAST LIKE AYARI DID EATING IT RAW IS DANGEROUS DON'T DO IT IF YOU'RE WORRIED ABOUT THE SMELL CURRY OR STEW IS GREAT!

Illustration: Hiiragi Yutaka

SUGIMURA KEI Profile

THE POPULAR COOKING MANGA RESEARCHER BEHIND "SOY SAUCE NOTEBOOK" "WHITE HOT SAKE CLASSROOM" AND MANY OTHER WORKS. WE'LL TALK ABOUT THE COOKING FEATURES IN "SHINMAI SHIMAI NO FUTARI GOHAN" BASED ON HIS OWN EXPERIENCES.

VISIT US AT YURI-ISM.COM
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